

Evan Collazo

Sharon Lefevre

English Composition I

Why Procrastination Is Killing The Youth

I have been working one day in my Spanish class at my high school for my second year the class made a Group project for a restaurant was due until a month later. I thought It means that I could take things slow and not to worry about it. I would procrastinate until the last Day. Then the project was due in 1 day I was panicking. It was a lot to do for 1 day due to my procrastination. Then we had to do restaurant making, build the restaurant, and make a menu for the restaurant. It took use almost every day to do it. Then I got a 0% with my group. Procrastination is really bad for the youth today more than ever. We have been saying all the time with these big assignments with these long due dates “oh it’s not a big deal.”

People are always on their phones thinking they can do it later when they aren't and the panic goes up. Which means we process information less. The Students also get less good grades. According to IE University "Numbers are particularly high among students, with [80-95% of this group](#) being estimated to engage in procrastination.

[Dr. Joseph Ferrari](#), professor of psychology at DePaul University and a leading voice in the study of procrastination, says that a true procrastinator "has twelve things to do, maybe does one or two of them, then rewrites the list, shuffles it around, then makes an extra copy of it. That's procrastinating." They say it's not a big deal but it really is from many experience

[Procrastination Psychology: Understanding Effects, Causes, and Solutions - Happiness. IE](#)